

## 8. Twizzle

### Description

Invite each pupil to stand on a spot marker in a circle and perform the following commands:

- **Go** - walk clockwise to the next spot marker.
- **Stop** - freeze
- **Turn** - complete a half turn (180 degrees) and freeze
- **Twizzle** - do a full turn (360 degrees) and freeze.

If a pupil makes a mistake invite them to do five jumping jacks and re-join the game.

Practise the commands before playing the game.

### Equipment

- Spot Markers

### Variations

- Begin by walking in circle using the commands Go and Stop until pupils become familiar with the commands.
- Introduce more complex movements such as side stepping or hopping.

